



THE Bluejacket

NAVAL SUPPORT ACTIVITY MID SOUTH

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Naval Support Activity Mid-South Leadership



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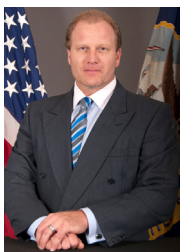
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On the cover: Marines from Bridge Company C stand in formation during the deactivation ceremony of the unit. A small Marine contingency will remain at the Marine building until a new unit is determined for assignment to NSA Mid-South.

The XO's Corner

Hello Mid-South team! I hope everyone had a happy and healthy Thanksgiving. If you are like me, you are also ready to enjoy the various holidays coming up this month.

As we all know, this year has been anything but normal and the way we celebrate this holiday season will likely be another reason to call 2020 “not normal!” I am personally pretty bummed about not being able to celebrate my family’s traditions the way we normally do. Most of us are social creatures by nature so it is natural to feel sad, bummed, or grieve the loss of spending time with family and friends this season.

The holidays are always a great time to do a mental health check on ourselves and those around us. But this year, more than ever, we need to take some time to connect with our teammates, friends and family in safe and healthy ways. A quick phone call, text or email to check in and ask how people are doing can go a long way to ensuring everyone feels like they are part of our Navy and Mid-South family.

If you are feeling grief or frustration about the upcoming holidays, don’t be afraid to share that with your friends, family and even your coworkers. In the words of MCPON Russell Smith, “What we do is hard; it’s ok not to be ok, but it’s not ok not to ask for help.”

Resources for both military and civilian personnel are listed below. Additionally, Active-Duty members now have the option of seeing a psychologist in the clinic.



- www.mentalhealth.gov
- <https://www.militaryonesource.mil/health-wellness/mental-health/mental-health-resources/>
- <https://www.navymwr.org/resources/marketing/cap>
- https://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/counseling-advocacy-and-prevention/clinical_counseling.html

It’s a heavy burden to try and carry the balance of keeping the force safe and healthy while also trying to celebrate the season. But it’s not a burden that any of us carry alone-don’t be afraid to reach out!

Cmdr. Chris Hahn
Executive Officer

Bridge Company C Deactivates, But Marines Remain Part of NSA Mid-South Family



Member of Marine Bridge Company C stand in formation in front of the equipment they had used to support their missions. Many of the reserve Marines retained their current MOSs and are traveling to adjacent units to train in Little Rock, Arkansas; Bessemer, Alabama; Smyrna, TN among others. Some of opted to transition services. (US Navy photo by Amanda Rae Moreno)

From U.S. Marine Corps Public Affairs

In the 38th Commandant's Planning Guidance, Gen. David H. Berger released his strategic direction and vision for the Marine Corps as a naval expeditionary force. As part of this guidance, the Marine Corps has decided to "divest in order to invest", and will deactivate all bridge companies to reallocate manpower and resources for investment in capabilities to outpace the current threat.

We are Marines first and combat engineers second. All personnel in the bridge companies are being afforded equitable opportunities to continue service in the Marine Corps, to transfer service, or to leave the service on favorable terms.

It is the strong desire of Marine Forces Reserve that we retain our current talent in Bridge Company C and redistribute it across the force. While inter-service transfer is being allowed, the preference is to leverage the broad and diverse skillsets of Bridge Co C personnel to the rest of the Force.

There is currently no intention to close any Bridge Company sites based on Force Design decisions. Site Support organizations will remain in place until the totality of Force Design implications to the Reserve Component are known. The Service is dedicated to maintaining an optimal array of Reserve capabilities across the country, in support of the Marine Corps mission.

Similar to our personnel, much of the Bridge Company equipment will be redistributed across the total force to ensure Marines have what they need to train and fight. Our bridge sets will be stored or transferred to the Joint Force or sold to our allies as a part of the Foreign Military Sales program.

Since its establishment in 2013, Bridge Company C stood trained and ready to augment, reinforce, and support the Active Component of the Marine Corps, through activation or mobilization. Despite its short history, Bridge Company C played a critical role in its mission to provide mobility to the Marine Air-Ground Task Force, and embodied the Battalion's motto "We Are Ready!"

In keeping faith with our Marines and their families, MARFOR-RES and 4th MLG is making early contact with all personnel to review opportunities for continued service. Options include inter-unit transfers, inter-service transfers, or release from the service on favorable terms. Opportunities for lateral moves, training for new occupational fields, and other incentives are available for Marines transferring to new units.

Even as weapon systems change, Marines remain the Corps' key to success. In depth review of transition opportunities will be facilitated by designated Personnel Transition Team (PTT) staff members and career planners. Additionally, representatives from every level of leadership will help answer questions and facilitate on-the-spot transition package decisions for every Marine.

The relationship between Bridge Company C and Naval Support Activity, Mid-South and the Millington, TN community is strong, resulting from continued cooperation and coordination. NSA Mid-South has provided outstanding support to Bridge Company C, integrating physical security and force protection, providing housing, welfare and recreation services, and general facilities and installation support. Bridge Company C relies on the Millington, TN community for lodging, food services, and event support, and provides a service to the community through military honors at Marine funerals and support to the Toys-for-Tots program.

The Marines and Sailors of Bridge Company B, 4th MLG, and MARFORRES are genuinely grateful to leadership and staff at NSA Mid-South, the Millington, TN community, and to the vendors and service providers that have provided outstanding support to the Company, in garrison and in training.

There is no intent to vacate the site currently occupied by Bridge Company C. MARFORRES and 4th MLG recognize the value of the support received by NSA Mid-South and the Millington, TN community. The current intent is to restore a Marine Corps Reserve unit to this site.

The Site Support team will remain operational to provide Marine Corps support to the Millington and greater Memphis communities. This site will continue to provide Military



The equipment used by the company will be distributed to other commands throughout the country as needed to support current mission

Honors for Marine funerals, support Toys-for-Tots, and other community relations events.

Historically, the 119 Marines and Sailors of Bridge Company B provided Military Honors for approximately 250 Marine funerals per year. In 2019, the company supported the collection of 12,000 toys, distributed to 4,000 families, in support of the Toys-for-Tots program. The company conducts field training three to four times a year, conducts training at the Home Training Center eight to nine times a year, and spends roughly \$150,000 annually on transportation, and \$80,000 annually on local lodging, food services, and events.



Lt. Col. Michael Aldridge; 6th Engineer Support Battalion speaks to the company and guests about the impact the company had including several overseas operations. (US Navy photo by Amanda Rae Moreno)



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NAVFAC updates name to reflect technical and acquisition mission requirements

JACKSONVILLE, Fla. – Naval Facilities Engineering Command changed its name to Naval Facilities Engineering Systems Command (NAVFAC) Oct. 26 to more accurately reflect its well-established nature and mission as the naval shore facilities, base operating support, and expeditionary engineering systems command that delivers life-cycle technical and acquisition solutions aligned to Fleet and Marine Corps priorities.

The name change includes the NAVFAC Southeast office located in Jacksonville, Florida. This office provides services throughout the southeast from Texas, east to South Carolina, and south to Guantanamo Bay, Cuba. NAVFAC Southeast delivers and maintains quality, sustainable facilities, acquires and manages capabilities for the Navy's expeditionary combat forces, provides contingency engineering response, and enables energy security and environmental stewardship.

In addition to NAVFAC's alignment with the Assistant Secretary of the Navy (Energy, Installations & Environment) as the Navy and Marine Corps real estate acquisition, management, and disposal authority, NAVFAC also aligns with the Assistant Secretary of the Navy (Research, Development & Acquisition) as the Navy and Marine Corps acquisition and technical authority for construction and facilities engineering programs, developing, procuring, and sustaining shore facilities and environmental solutions in order to enable warfighter lethality.

"This change better reflects the full spectrum of critical work that NAVFAC does to enable warfighter lethality, and it helps current and potential future supported activities understand the technical and procurement authority assigned to NAVFAC," said Rear Adm. John Korka, commander of NAVFAC and chief of Civil Engineers. "In addition, this name change brings NAVFAC in line with the naming convention of other Navy systems commands, including Naval Sea Systems Command, Naval Air Systems Command, Naval Information Warfare Systems Command, Naval Supply Systems Command, Marine Corps Systems Command, and their associated warfare centers and field activities."

The name change commenced Oct. 26 with an official announcement to the command's leadership and is being implemented as quickly as possible across the enterprise.

25th Anniversary Local Missions, Global Impact Tenant Spotlight



Commander, Navy Installations Command (CNIC)



The FFR Commercial Sponsorship and Advertising Program supports special events and programs at Navy installations worldwide.

In support of the CNIC mission, Fleet and Family Readiness Support Services Division (N94) delivers high-quality, customer-focused support services to all elements of the Fleet and Family Readiness (FFR) team. N94 performs business office operations that support centralized processes, policies and general guidance, and takes action to support a wide variety of requirements generated by FFR programs to facilitate their delivery to our customers. N94 supports more than 6 million internal and external customer interactions annually.

What does your command/department/code do? A majority of our staff provide direct support services to N9 quality of life programs; the balance of the staff on site provide other N9

program management.

What is your organizational structure? Fleet and Family Readiness Support Services Division is a direct report to CNIC N9 Fleet and Family Readiness. Support services consists of eight branches: NAF Human Resources, Finance and Accounting, Information Technology, Facilities and Construction, Procurement, Training, Project Management, and Marketing and Communications. Other N9 codes represented in Millington include Navy Gateway Inns and Suites, Navy Food, Beverage and Entertainment, Family Readiness, Military Ticket Program, NAF Equal Employment Opportunity (EEO), and NAF Office of the General Counsel (OGC).

How many people work at the command/department/code? 189

How does what you do affect the fleet? The mission of the FFR team is to enable a warfighting naval force by providing a variety of essential quality of life programs and services to maximize the readiness, well-being and resiliency of the entire Navy family. FFR enables a ready Navy force through its Fleet Readiness, Family Readiness, Housing, and Navy Wounded Warrior Programs. We provide support to all of those programs through the Branches listed above.

When was the command/department/code established? CNIC was established on Oct. 1, 2003.

What did people do before the command/department/code was established? The staff was integrated with the non-appropriated fund programs that fell under FFR.

How long has the command/department/code been at NSA Mid-South? Prior to the stand up of CNIC, we were part of Navy Personnel Command (PERS-65) and reported to the Bureau of Naval Personnel.



The FFR Support Services Division has deployed more than 5,000 electronic devices to Navy installations to support Youth Centers, Libraries, Liberty Centers, and the FFSC Transition Assistance Program with public use Wi-Fi and equipment for Sailors and their

What do you think is the most common misperception about the command/department/code?

The most common misperception is that we only support MWR. We support the entire N9 FFR portfolio with business support functions. The portfolio of programs include: Family Readiness Programs, Fleet Readiness Programs, Galley, Navy Gateway Inns and Suites, Fisher House, Navy Housing, and Navy Wounded Warrior Program.



The FFR Commercial Sponsorship and Advertising Program supports MWR Navy Entertainment worldwide by securing sponsorship opportunities that help provide quality, live entertainment to our military members and their families stationed around the globe.

Fitness Center Supports Active Duty Mission Requirements During Pandemic



The fitness center staff is standing by to support Active-Duty members in their fitness goals to ensure force readiness and prepare for the upcoming physical fitness cycle.

At Naval Support Activity Mid-South, the mission readiness of our servicemembers is a top priority. A big part of readiness is ensuring that Sailors are physically fit. While the fitness centers initially closed their doors with the onset of the pandemic, using mitigation they are once again welcoming Active-Duty members to utilize the facility.

“All of our equipment is setup so patrons will have a minimum of 6 feet between each other while they work-out,” said Kaleb Heninger, director of fitness programs for the installation. “Members are required to wear a mask throughout the facility, but are permitted to remove the mask at their workout station. Sanitization occurs on all machines at least twice daily.”

Active-Duty members have been taking advantage of the facility with an average of 80 members visiting the center daily. Currently the installation is set to Health Protection Condition Charlie, which means that Sailors are not authorized to use gyms off base.

The center staff is available to support fitness goals and needs, but have limitations to the services they can provide.

“Our fitness trainers are able to provide guidance on workouts and programming but we are not offering personal training at this time,” said Heninger.

A recent announcement laid out what physical readiness would look like for servicemembers in 2021. The Navy will hold one fitness test with the cycle running from March to October. Already planned were the change of the core strength fitness test to the plank and the addition of rowing to the cardio fitness portion.

“We have added rowers in the past year in anticipation of the new testing. We now have 8,” Heninger said. “For planking we ask that members use a mat and wipe it down when the training is over. Our fitness trainers are up to date on the current planking technique and are ready to offer assistance to anyone who asks.”



1st Lt. Cary Carver of the Army's 81st Regional Support Command conducts exercise at the fitness center to ensure readiness for the upcoming Army physical readiness test.



I CAN'T MISS WORK BECAUSE OF THE FLU.

For more information, visit
<http://www.cdc.gov/flu>

Every year, I get my flu vaccine to protect myself, my coworkers, and my family from getting sick from the flu.

Even healthy people can get the flu, and it can be serious. This season, protect yourself and those around you by getting a flu vaccine.

FOR OFFICE USE



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

CS226283-C

The Navy's New Fitness Test is Here – What you need to know

Story by MC1 Mark D. Faram

The Navy will hold a single, six-month physical fitness assessment cycle during calendar year 2021, allowing the service to resume fitness testing while limiting Sailor exposure to COVID-19. That cycle will also see the Navy rollout the forearm plank, which as a replacement the curl-up, and the 2000-meter row as a new optional cardio event.

The Navy will hold a single, six-month physical fitness assessment cycle during calendar year 2021, allowing the service to resume fitness testing while limiting Sailor exposure to COVID-19.

The cycle was announced in NAVADMIN 304/20, released Nov. 18. The message also detailed rollout plans for the forearm plank, which will replace the curl-up, and the 2000-meter row as a new optional cardio event.

“Shifting the PFA cycle to March allows Navy to execute the PFA after the primary influenza season, leveraging outdoor venues as the weather warms,” Vice Adm. John B Nowell, Jr., the chief of naval personnel, wrote in the message.

The shift also “acknowledges the fact that while vaccines and therapeutics are expected to be available, their timing and impact are unknown.”

July's NAVADMIN 193/20 announced the spring 2021 restart of the normally semi-annual Navy Physical Fitness Assessments, after two cycles were canceled due to COVID-19. Out of an abundance of caution, the Navy decided to proceed with the single cycle option for 2021 as the COVID crisis shows no signs of abating yet.

The Navy will resume two testing cycles once conditions permit. The Department of Defense has long mandated all services conduct annual fitness testing. However, COVID-19 mitigation measures in place since the spring allow services to waive the requirement as a force protection measure. The message notes that permission will carry over to allow Echelon

II Commanders to waive the 2021 cycle if COVID 19 prevents its safe execution.

Where conditions permit, the message said, all Sailors must participate in the single 2020 cycle, meaning exemptions for scoring excellent or above from the previous cycle will not apply.

Going forward, however, those who score excellent or outstanding on the 2021 PFA will be exempt from participation in the first PFA cycle of 2022.

The message also details how the new plank and 2000-meter row optional cardio events will fit into the physical testing process as well as how they're expected to be accomplished and graded. It's the first major change to the assessment since the Navy introduced fitness assessments in the early 1980s.

Sailors have long complained about the curl-up. As Navy researchers studied the exercise, they found it was not a true test of abdominal strength. Also, it did not prepare Sailors to better accomplish shipboard tasks. In fact, curl-ups have been linked to an increased risk of creating or aggravating lower back injuries.

The forearm plank, however, is a functional movement required in 85 percent of regular shipboard tasks, including pushing, pulling, lifting and carrying. The forearm plank uses isometric contraction to activate key abdominal and trunk muscles, mimicking the main function of the abdominal musculature - to act as stabilizers to resist the spine from moving while strengthening the lower back.

Training for the forearm plank strengthens the body's core, improves posture, and reduces the risk of lower back injuries throughout a Sailor's career. Because there is overlap in the muscle groups used for the push-up and the forearm plank, the decision was made to conduct the push-up event first, followed by the plank and cardio portions.

This sequence was used in the initial tests. Researchers found it allows for maximum performance on the push-

CORRECT PLANK FORM



ups while limiting residual fatigue during the forearm plank.

The cardio portion's new addition will be a 2000-meter row on the "Concept-2 Rower." The other options remain as the 12-min stationary cycle, 500-yd/450-m swim, and 1.5-mile run.

A non-weight bearing, low impact exercise, rowing reduces stress on the legs, while providing a great full-body cardio workout as it works 80 percent of the body's muscles.

A big benefit of the Concept-2 Rower is that it's space saving and thus able to be easily used on any naval vessel as well as at shore installations.

A detailed description of how each of the new events will be conducted can be found in NAVADMIN 304/20. As previously announced, the Navy will give Sailors a one-cycle grace period for the forearm-plank. Though

the event will be conducted during the 2021 Cycle, it won't officially count until 2022.

Initial performance standards for scoring the forearm plank and 2000-meter row were developed by the Naval Health Research Center (NHRC) and are available to both individuals and command fitness leaders on the Navy Physical Readiness Program website at https://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/physical/Pages/default2.aspx.

For more news from Chief of Naval Personnel, follow us on Facebook at <https://www.facebook.com/mynavyhr>, Twitter at <https://twitter.com/mynavyhr> or visit <https://www.navy.mil/cnp>.



MyNavy Family Mobile Application

Updated 2020



An official U.S. Navy mobile application produced by the PMW 240 Program

What is the MyNavy Family app?

The MyNavy Family application is for Navy spouses and Sailors' families, combines authoritative information from a wide range of websites into a single, convenient application. New resources and links continue to be added, like those for the COVID-19 pandemic.

Popular features of this app include those listed below.

Military Installation Search

Find information about every military installation around the world with contact information, base map, programs, and services, plus an overview of its mission.

MyNavy Career Center

Get help and information from this 24/7 resource with an in-app ability to call or send an email to a customer service representative.

Emergency Contacts

Access websites and phone numbers for immediate support from a range of organizations, such as National Suicide Prevention Lifeline, Sexual Assault Crisis Support, National Domestic Violence Hotline, and others.

My Military OneSource

Access the wealth of relevant benefits and services offered by the new My Military OneSource app.

Calendar

Add dates and events to calendars associated with a user's mobile devices.

Content Sharing

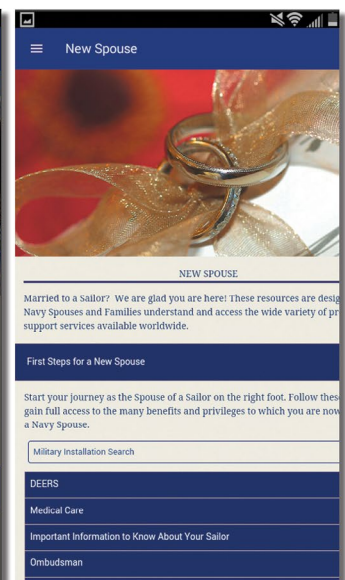
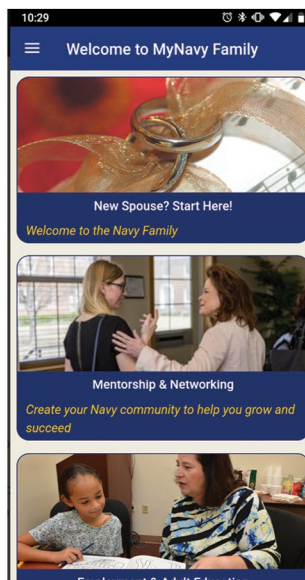
Share information by using other mobile device applications, such as email, SMS text, and iMessage.

TOPICS OF INTEREST

Available information and resources cover a wide variety of topics within the following categories:

- ✓ New Spouse
 - My Military OneSource
- ✓ Mentorship & Networking
- ✓ Family Financial Planning
- ✓ Parenthood
- ✓ Moving & Relocation
- ✓ Service Member Deployment
- ✓ Transition & Retirement
- ✓ Survivors Resources
- ✓ Emotional Support Services
 - Chaplain's Religious Enrichment Development Operation (CREDO)
- ✓ Recreation, Lodging, Shopping & Travel
- ✓ Parents & Family Members of Sailors
- ✓ Family Emergencies
 - Pandemic Resources
- ✓ Employment & Adult Education
- ✓ Special Needs Family Support
 - Exceptional Family Member Program (EFMP) & Me
 - EFMP Smartphone App
 - Partners in PROMISE

Topics in blue are the most recent releases.



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Apple iTunes App Store: Click [HERE](#) to download app.

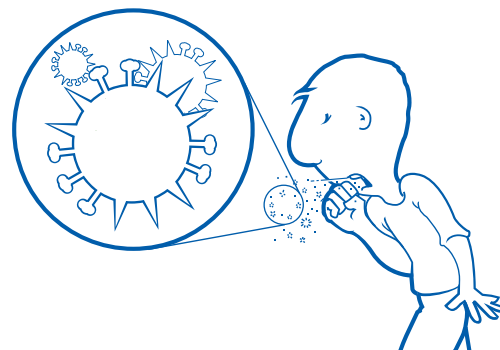
Learn more & download the app here: applocker.navy.mil

Distribution Statement A:
Approved for public release and unlimited distribution.

Influenza (Flu)

What is the flu?

The flu is an illness caused by flu viruses. The flu may make people cough and have a sore throat and fever. They may also have a runny or stuffy nose, feel tired, have body aches, or show other signs they are not well. The flu happens every year and is more common in the fall and winter in the U.S. People of all ages can get the flu, from babies and young adults, to the elderly.



Flu in People

Do people in the U.S. get the flu?

Yes. Flu viruses spread worldwide. Flu tends to occur mostly in the fall and winter months in the United States. Many people get the flu each year. The flu is also found in other parts of the world. But the time of year when flu is most common can vary from one area to another.

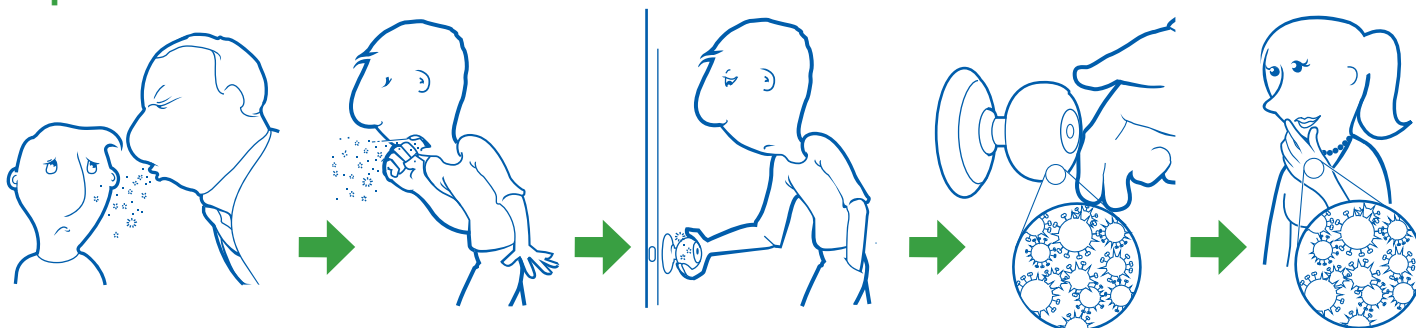


How does the flu spread?

People who have the flu can spread the virus by coughing or sneezing. Droplets released when a sick person coughs, sneezes, or talks can land in the mouths or noses of people who are nearby. The droplets can also be inhaled into the lungs.

People may also catch the flu by touching their mouth or nose after touching something with the virus on it, such as doorknobs, tables, or an infected person's dirty hand.

Spread of the virus:



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Holiday Season is upon us!!!!

Story by Scott Westmoreland, Fire Inspector

The opportunity to spend time with families, recharge the batteries for 2021, Eating far more food than you ever intended, and most importantly seeing young faces light up when they get to play with the gifts courtesy of Santa Claus!!!! Christmas Season is also a time for Decorating your Tree, and enjoying the festivity of lights that your neighbors and neighborhoods put on display. As Joyous of occasion as the Holiday Season may be, it also is a time where Safety should be paramount. American Red Cross notates an average of 47,000 House Fires occur during the Holidays with 1 out of every 22 a Christmas Tree is deemed responsible. I have listed a few key points to be mindful of this Christmas Season. Let us all bask in the Festivities, Bring Joy to one another and just celebrate Christmas in the safest way possible!

Place Christmas Trees & other decorations at least 3 feet away from all heat sources. (fireplaces, portable heaters, vents)

When Purchasing a Real Tree, check the needles on your Christmas tree to ensure they aren't easily broken, cut a few inches off bottom of tree to ensure freshness, while also giving consideration to watering tree daily.

Light Cords!! Ensure they are not frayed or damaged showing hot wires. If so, please throw them out and purchase new ones. This will not only protect yourself, your children, but also your 4-legged family members that just have to play with everything!!

You wouldn't link your appliance cords together in your home, just as you shouldn't link Christmas Lights except what UL-Listed Manufacturer Recommendations are.

If you will be having family over for your Annual Ugly Christmas Sweater Party this year, designate someone to make sure all candles or other heating sources are extinguished after everyone leaves.

If you are planning on decorating your home Clarke Griswold style, make sure to use Outdoor Lights for the Outdoors, and Indoors lights for the same. This will protect yourself from Electrical Shock as well as additional Fire Hazards that just aren't needed!

And Finally.....

Always, Always, Always unplug your Tree when you go to Bed at Night or Leave your Home!!!!

Dispose of your Christmas Tree after Holidays....and no that doesn't mean in your Garage, Front yard or Fireplace!!!!!!

ATTENTION

**FOR YOUR SAFETY AND
THE SAFETY OF OTHERS**



**PLEASE WEAR MASK WHEN
PROCEEDING TO THE GATE**



**A part of the Navy Region Southeast and Navy
Installations Command,
NSA Mid-South serves as the Navy's
Human Resources Center of Excellence.**

**Have a story, event, personnel, or program you would
like to see featured in The Bluejacket?
Email us at mill_nsa_bluejacket@navy.mil
Submission deadline is the last Thursday of each month!**